



A MINUTE OF HEALTH WITH CDC

Excessive Alcohol Use Can Be a Problem

Alcohol Screening and Brief Counseling of Adults — 17 States and the District of Columbia, 2014

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Excessive alcohol consumption *can* result in severe health, social, and financial problems. It causes more than 88,000 deaths each year and is associated with birth defects, like fetal alcohol spectrum disorders, and increased risk for chronic diseases, like heart disease and cancer, as well as injuries and violence. Binge drinking, or consuming five or more drinks in a few hours for men, four or more for women, is a problem across *all* age groups. Your health care provider can talk with you about alcohol use in relation to your health, and help you make informed decisions.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.